

## Senior Citizen Services

# The Scroll

## March, April, May 2018

Senior Citizen Services Staff

Kristi Fenick, District Manager

Marla Davis, Supervising Recreation Specialist

Sinthya Carranza, Recreation Specialist

Jazmin Garcia, Assistant Recreation Center Director

Adolfo Herrera, Recreation Leader II



The Senior Citizen Services office is located in the lobby of the  
City Administration Building, 202 C Street, San Diego, CA 92101.

The Senior Office and Balboa Park Senior Lounge will be closed on the following days:  
March 30, April 1 and May 28, 2018.

**To join our mailing list, or for more information, please call (619) 236-6905.**

*Throughout this newsletter, there are a number of advertisements and community sponsored activities.  
The City of San Diego does not necessarily endorse the services offered by these organizations.*

Visit us on the web at:

[www.sandiego.gov/park-and-recreation/activities/seniorservices/](http://www.sandiego.gov/park-and-recreation/activities/seniorservices/)

Senior Citizen Services • Park and Recreation  
202 C Street, MS 1-A • San Diego, CA 92101  
Tel: (619) 236-6905 • Fax: (619) 236-6909

# Announcements

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### Welcome back Marla Davis to Parks and Recreation Department!



Marla had previously been employed with the City of San Diego, for 20 years, with Therapeutic Recreation Services. She began her career as a Recreation Leader II in 1987 and resigned from the City in 2007 as a Supervising Recreation Specialist to pursue her dream to start the San Diego Adaptive Sports Foundation, a non-profit organization which provides adapted sports and recreation for children and adults with physical disabilities. During her time away, Marla also worked as a Recreation Therapist with Naval Medical Center San Diego's Health and Wellness Department's Wounded, Ill and Injured division. Marla earned a Bachelor's of Science degree in Recreation Administration with an emphasis in Recreation Therapy, a Masters degree in Nonprofit Leadership and Management and is a nationally Certified Therapeutic Recreation Specialist. Marla is passionate about enhancing the lives and well-being of all people using the medium of recreation, health and wellness. Marla is very excited to be back with the City of San Diego and working with the staff, volunteers and participants at Senior Citizen Services.

MarlaD@sandiego.gov

## Got Scroll?



Would you like to receive the Scroll by mail or email?

Call us at (619) 236-6905 to be added to our quarterly Scroll mailer.

To see our Scroll online, visit:  
<https://www.sandiego.gov/park-and-recreation/activities/seniorservices/>

Click: "View Our Senior Scroll"

## Save the dates! Senior Photography Contest and Display June 25 - July 6, 2018

Photograph submissions will be accepted June 4th thru June 21st

For entry rules call  
(619) 236-6905.

# Senior Services

## Daily Social Call

Senior Citizen Services staff and volunteers make daily social calls to interested senior citizens. Calls are made between 8:00-9:00 a.m. Call (619) 236-6905, if you would like to receive a daily social call, or for more information about this free service.

## Free Legal Assistance

Elder Law & Advocacy offers FREE legal services (donations are welcome) to senior citizens, 60 years and older, on an appointment basis, at 202 C Street, San Diego. For an appointment, please call Senior Citizens Legal Services at (858) 565-1392 ext. 200 or (619) 425-2460 ext. 205 or 208.

## Health Insurance Counseling & Advocacy Program (HICAP)

HICAP provides free and unbiased counseling and information to Medicare beneficiaries at more than 30 sites in San Diego and Imperial Counties. This is a non-profit organization funded by the California Department of Aging and the County of San Diego Aging and Independence Services.

For an appointment, please call (800) 434-0222 or (858) 565-8772 ext. 232 or (858) 565-1392.

Please subscribe to our online newsletter, "The Senior Sentinel", at <http://seniorlaw-sd.org/blog/>.

These services are provided to the City of San Diego, Senior Citizen Services by Elder Law & Advocacy. The City of San Diego does not endorse, sponsor, or have any other involvement and/or responsibility or other liability for their advice.

# Community Senior Center Locations

Ed Brown Senior Center (Rancho Bernardo)	18402 W. Bernardo Dr.	(858) 487-9324
George L. Stevens Senior Center	570 South 65 <sup>th</sup> Street	(619) 266-2066
La Jolla Community Center	6811 La Jolla Blvd	(858) 459-0831
Vern Goodwin Center	8460 Mira Mesa Blvd	(858) 860-5355
San Ysidro Senior Center	125 East Park	(619) 424-0472
Clairemont Friendship Center	4425 Bannock Avenue	(858) 483-4007

# Balboa Park Senior Lounge

1650 El Prado, Room 105, San Diego, CA 92101

Monday, Tuesday, Thursday, Friday, Saturday, Sunday

9:30 a.m.-3:30 p.m.

Wednesday 9:30am - 12:00pm

Lounge Phone (619) 384-4619

## ACTIVITIES

Art Program, Balboa Park Walk, Needle Crafts, Improvisation, Poetry, Technology Class.





*Talent Show*

*AUDITIONS*

*Thursday, April 19, 2018*

*12:30pm - 3:30pm*

*Registration Code: 48451*

*Are you 55 years or older?*

*Do you have a talent?*

*Would you like to perform it?*

*War Memorial Building Auditorium*

*3325 Zoo Drive*

*north end of Zoo parking lot*

*Call (619) 236-6905 to RSVP for your audition!*

*Show will take place on June 8, 2018*



# Senior Talent Show

Friday, June 8, 2018

12:30pm – 3:30pm

Doors open at 11:45 a.m./Open Seating

**War Memorial Building**

**3325 Zoo Drive**

**San Diego, CA 92101**

**Tickets On Sale at the War Memorial Building  
(room 6) between 8:30am and 4:30pm**

**\*\$5.00 prepaid/\$10.00 at the door**

**\*includes \$2.00 transaction fee**

**Registration code: 49176**

**For information call (619) 236-6905.**

Cash payment must be exact change.  
Check payable to City Treasurer.

# Volunteer Updates

**“Knowledge speaks but wisdom listens”**

**- Jimi Hendrix**

## Happy Birthday!

Please join us in celebrating the following Senior Citizen Services' volunteer and staff birthdays:



Jan L (3/23)  
Delilah D (4/30)  
Joni W (5/12)  
Mary J (5/28)

Harlene D (3/20)  
Joe F (5/5)  
Edith D (5/26)  
Lina R (5/31)



## Welcome to our New Volunteers!

Senior Lounge Host Mark F and Nancie C

&

Senior Services Ambassador Bob J

## Senior Services Ambassador

Senior Services Ambassadors assist at the main office of Senior Citizen Services, located downtown at the City Administration Building (202 C Street, San Diego, 92101). Volunteers assist staff by answering phones, giving directions and providing referral information to residents and visitors. If you are looking for a new opportunity or want to get experience working in an office, consider volunteering at the senior office.

**Currently, we are in need of Ambassadors for the following shifts:**

### Morning shift

8:00am - 12:00pm  
Mon, Tue and Fri

### Afternoon shift

12:00pm - 4:00pm  
Monday - Thursday

## Senior Services Lounge Host

The Balboa Park Lounge plays host to seniors visiting Balboa Park from all over the world. Senior Lounge hosts are responsible for greeting guests, serving complimentary coffee or tea, and providing information about senior programs and services. If you are interested in starting a new activity group for playing cards, board games, reading or computer club, this could be the perfect fit for you.

**Currently, the Senior Lounge is recruiting hosts for the following shifts:**

### Morning shift

8:30am - 12:00pm  
Thursdays & Sundays

### Afternoon shift

12:00pm - 3:30pm  
Fridays

**If you are interested in becoming a volunteer, please contact Sinthya Carranza at (619) 236-6906 or [scarranza@sandiego.gov](mailto:scarranza@sandiego.gov).**

# Senior Dances

The following dances are held on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month at the Balboa Park Club (2150 Pan American Road West), located off of Park Blvd. and Presidents Way.

There is a \$5.00 charge at the door, which includes live entertainment, refreshments and prizes.

Activity Code: 21839 - For more information, call (619) 236-6905.

## St Patrick's Day

Thursday, March 8

1:00pm-3:30pm

Come celebrate St Patty's with good company and enjoy live music provided by "Bluezone".



## Bunny Hop

Thursday, March 22

1:00pm-3:30pm

Come hop the afternoon away with good friends while enjoying the sounds of "Sundance Band".



## Senior Prom

Thursday, April 12

1:00pm-3:30pm

Let's dance the afternoon away with style! Live music by "Janet Hammer Band".



## April in Paris

Thursday, April 26

1:00pm-3:30pm

Join us for an afternoon in Paris and enjoy the sounds of "Sundance Band".



## Happy Mother's Day

Thursday, May 10

1:00pm-3:30pm

Celebrate all the fantastic mothers out there with good friends while enjoying the musical stylings of "Bluezone".



## FIESTA

Thursday, May 24

1:00pm-3:30pm

Senores & Senioritas hold on to your sombreros! Enjoy a fiesta and dance to the music provided by "Janet Hammer Band".





# Balboa Park Senior Lounge

The Balboa Park Senior Lounge (1650 El Prado, room 105) is located between the Natural History Museum and the Lily Pond. The Lounge is open seven days a week, excluding City holidays. For more information about the Lounge, call (619) 384-4619. Thanks to a wonderful group of volunteers, the following activities will be available at the Lounge. No pre-registration needed.

**The Senior Office and Balboa Park Senior Lounge will be closed on  
March 30, April 1 and May 28, 2018.**



## Balboa Park Walk

**1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Thursdays**

**March 1, 15 & 29    April 5 & 19    May 3, 17 & 31**

**Activity Code: 49226**

Balboa Park is a beautiful place to take a walk and enjoy the company of peers. Interested walkers, please gather at the Lounge at 10am. The walk starts at **10:15am** sharp. All levels of ability are welcome.

Activity Leaders: Joe F

## Needle Crafts

**1<sup>st</sup> and 3<sup>rd</sup> Fridays: 9:30am - 11:00am**

**March 2 & 16    April 6 & 20    May 4 & 18**

**Activity Code: 21983**

Join our needle craft group making shawls, blankets, sweaters, hats, scarves and more. Yarn, knitting needles, and crochet hooks will be provided but feel free to bring your own.

Activity Leader: Helene L



## Technology For Seniors Intergenerational Program

**Two Sundays per month: 1:00pm - 3:00pm**

**March 11 & 25    April 8 & 22    May 6 & 27**

**Activity Code: 46792**

This is a new program that will be led by high school student volunteers. It will consist of a short presentation covering a variety of topics related to technology, followed by small group or one on one instruction. Please bring your smartphones, tablets or laptops if you need technology assistance.

Activity Leader: Moriah S



## Senior Art Program

**Tuesdays: 1:00pm - 3:30pm**

**Activity Code: 21706**

This is a drop in art program. Bring your own supplies or use our limited supply and prepare to revive your creativity. Beginners are welcome.

Activity Leaders: Ray J.





# Balboa Park Senior Lounge

**Free!**

## Cross-Generational Live Music and Dance

**Friday, May 25, 5:30pm - 7:30pm**

**Drop-ins are welcome!**

**Activity Code: 49225**

Please join us for our first of many quarterly acoustic jam sessions. Bring your instrument and or dancing shoes and get ready to share in the love of music and movement with people of all ages.

Activity Leader: Sinthya (619) 236-6906



**Free!**

## Otherwise Improvise

**Wednesdays**

**2:30pm - 4:30pm**

**Activity Code: 18791**

Come learn how to make it real! Join us every Wednesday for an improvisational workshop. Learn the secrets of being in the moment. Experience out of mind travel, faster than a motor-mouth! If you've got good timing you don't need anything else except fresh breath!

**Drop-ins are welcome.**

Activity Leader: Christophver R  
(619) 569-4922



**Free!**

## Poetic Legacy Program

**Last Fridays: 3:30pm - 5:00pm**

**March 23 April 27 May 25**

**Activity Code: 34127**

This monthly workshop involves a detailed exploration of two famous and not-so-famous contemporary and historic poets. Taking prompts from the poets, participants are encouraged to write their own poetry.

**Drop-ins are welcome!**

**MARCH 23** - Dolores Kendrick & William Stafford

**APRIL 27** - Jose Rizal & Rupi Kaur

**MAY 25** - Jack Gilbert & Muriel Rukeyser

Activity Leader: Christophver R  
(619) 569-4922



**Free!**

## Open Play Board and Card Games

**Every Sunday**

**Activity Code: 49227**

Currently there are no activity leaders for this group.

You are encouraged to invite your friends.

Bring your own game boards and cards or you can borrow ours.

# Activities

The following programs are conducted by volunteers at the War Memorial Building (3325 Zoo Dr., north end of Zoo parking lot) and the Santa Fe Room in Balboa Park (2150 Pan American Road West). No pre-registration needed; these are drop-in activities.

**For more information, call Senior Citizen Services at (619) 236-6905.**



**Travel Club**  
**Select Fridays:**  
**10:30am - 12:00pm**  
 March 9  
 April 13  
 May 11  
**Activity Code: 34125**

Join the Travel Club at the War Memorial Building (room 2) and share your travel experiences! Learn about some travel destination specials. Meet others with similar travel interests. Find a travel partner.

Activity Leader: Jessica B

**Free!**

**Mah Jongg**  
**Mondays: 9:00am - 2:00pm**  
**Activity Code: 18015**

Feel free to participate the entire time or drop in for an hour or two. Enjoy a friendly game at the War Memorial Building (room 2). Everyone is welcome!



Wednesdays 11:00-12:00 noon  
**Free Laugh Hour**  
*If you can breathe,  
 you can laugh!  
 ~all ages~  
 ~all abilities~*



*Scientific studies  
 show that laughter:*

*May Reduce  
 Pain  
 Aids Digestion  
 Improves Stamina,  
 Immune System  
 and more!*

*Lowers Stress  
 Fights Depression  
 Lowers Fear  
 Reduces Anger  
 Improves Learning  
 & Communication  
 Helps Relax*

**Free**

Balboa Park War Memorial Building: Room 2  
 3325 Zoo Dr (North end of Zoo parking lot)

**Activity Code: 49228**

**Activity Leader: Alicia S**

**Free!**

**Piano Notes**  
**Last Tuesday: 10:00am - 11:45am**  
 March 27, April 24, May 29  
**Activity Code: 18019**

If you enjoy playing or listening to the piano join us at the Santa Fe Room. This is a great opportunity to meet new friends and enjoy music.

For questions please call (619) 228-1331  
 Activity Leader: Lee W



# Performing Arts

The following **FREE** programs are conducted by volunteer, **Christophver R**, at the War Memorial Building (3325 Zoo Dr.-north end of Zoo parking lot), or the Santa Fe Room (2150 Pan American Rd. West). No registration necessary. For more information, call (619) 236-6905.



## Poetry Party: "The Poetical Party of Choice"

Santa Fe Room, in Balboa Park

1<sup>st</sup> Friday of the month, 2:30pm-5:30pm

March 2; April 6; May 4

Activity Code: 49229

Come read your favorite poetry, listen, or make the scene. Be bold, adventurous, and experience first hand the power of the spoken word. Performance poetry groups are now forming.

**Drop-ins are welcome!**



## What's Your Story/Acting Workshop

War Memorial Building, Room 3

2<sup>nd</sup> & 4<sup>th</sup> Thursdays: 10:00am - 2:00pm

March 8 & 22; April 12 & 26; May 10 & 24

Activity Code: 49230

Your story is important! Share and develop your history. Why wait when you can act? Improve performance skills, confidence and ability. Learn the secrets of audition techniques. Prepare for upcoming Garden Theatre Festival, Talent Show, video and play auditions. Discover those talents you always knew were there.

Please call ahead to schedule an appointment, Christophver R (619) 569-4922

## Garden Theatre Festival Summer 2018 Balboa Park Saturdays and Sundays Dates TBA

Christophver R (619) 569-4922

## Auditions & Rehearsals

Sunday	3/4	12-5pm	WMB Rm 2
Monday	3/5 & 3/19	4-9pm	WMB Rm 3
Thursday	3/15 & 3/29	4-9pm	WMB Rm 3
Sunday	4/8	12-5pm	WMB Rm 2
Monday	4/9 & 4/23	4-9pm	WMB Rm 3
Thursday	4/19	4-9pm	WMB Rm 3
Friday	4/20	4-9pm	WMB Rm 2
Monday	5/7 & 5/21	4-9pm	WMB Rm 3
Sunday	5/13	12-5pm	WMB Rm 2
Thursday	5/17 & 5/31	4-9pm	WMB Rm 3
Friday	5/18	4-9pm	WMB Rm 2
Sunday	5/20	12-5pm	WMB Rm 2

## SPRING Poetry Selection

### Let Us Make a Poem

Upon reading "Let Me Write a Poem, by Wieser

Let us make a poem,  
lay out words picked from a Scarborough meadow,  
or from the sequel of a newborn  
who took the air to claim I am.

Let us make a poem,  
where our children can eat chocolate chip cookies,  
splash in tide pools  
and play in daffodil fields.

Let us make a poem  
to be transported beyond moon's first light,  
where sorcerers, witches and angels dance,  
where rainbows color on request, where  
Easter lilies sway in dreams outside bedroom windows.

Oh, let us make many poems  
and place them on our pillows to be found each morning  
signed and kissed by our future sons and daughters.

C2017  
Pat Andrus



# Online Registration

**\*\$2.00 transaction and credit card fees will be applied at check-out.**



**Please note:** Payment must be made with a credit card when registering online. Walk in registration with payments can be made on Saturday, February 17, 2018, between 10:00am and 2:00pm and Monday-Friday between 8:30am and 4:30pm at the War Memorial Building (3325 Zoo Dr., San Diego) room 6, or call the Senior Office for an appointment (202 C St., San Diego). Payments can be made with a credit card, check or cash (exact change needed) when paying in person. **Check payable to: City Treasurer. \$25.00 fee for NSF**

**Spring registration starts February 17, 10am \* Summer registration starts May 12, 10pm**

To be eligible for program participation you **must create a profile online** using the online registration system. Log on at [www.SDRecConnect.com](http://www.SDRecConnect.com) **First Time Online Customers** - Click "Create an Account". Fill out New Account Request form completely for the primary responsible person, including all required fields, (Birth date, Gender, Email Address, etc.) and click Submit (or Submit & Add Family Member to add family members). Upon completion, an email will be sent to the email address provided. Check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you've used this special link! Note that it's possible this email will go to your "spam" folder, so check carefully. To avoid duplication, be sure to let others in your household know you've set up the account.

When registering for programs/trips online, use the registration code, listed by all the programs/trips, in the newsletter. If you do not have an email, you will need to register and pay for programs/trips at the office. For assistance setting up your profile, please join us Monday - Friday from 8:3am - 4:30pm at the War Memorial Building and/or call for an appointment to be seen at the City Administration Building, Senior Citizen Services. Senior Services' staff & volunteers are here to help!

## Senior Trips



### **\*Pick-up locations:**

**War Memorial Building:** 3325 Zoo Dr., S.D. (North end of Zoo parking lot)

**\*\*Downtown pickup has been removed due to low registrations\*\***

**Clairemont:** South Clairemont Recreation Center 3605 Clairemont Dr., S.D. (Street Parking)

**\*\*Bus seating is prioritized by registration date\*\***

### **Trip Departure Information**

It is your responsibility to call Senior Citizen Services office at (619) 236-6905, one week prior to trip departure, to confirm your pick-up time. Pick-up times typically range from 7:00am to 8:30am

### **Transaction Fees/Refund Policy**

[SDRecConnect.com](http://SDRecConnect.com) does not accommodate requests for refunds, transfers or cancellations, but the City Treasurer offer you a refund, via check, with 30 days notice of trip date.

\*No refunds for failure to board bus at the assigned time and place.

\*All scheduled tours will operate rain or shine unless the main attraction of a tour is canceled by the service provider, in which case you will be notified as soon as possible and issued a refund.

\*Senior Citizen Services will not refund due to unforeseen delays and acts of Providence or other events beyond our control.

\*We reserve the right to cancel or alter any tour when circumstances require.

\*A \$2.00 transaction fee and a 3% credit card convenience fee will be charged for every transaction and the fees are nonrefundable. Contact Jazmin Garcia at (619) 533-4702 for refund inquiries.

\*Senior Trips are subject to cancellation and refund IF minimum enrollment is not met.

You would be notified of trip cancellations within 3 days of the trip date.

**\*Refund checks will be mailed to you directly from the City Treasurer.**

**Refunds may take up to 30 days to process.**

# Senior Trips

Register for Senior Trips online at [www.SDRecConnect.com](http://www.SDRecConnect.com)  
 Trips fill up quickly (see page 12 for more information): Register early!  
 \*\$2.00 transaction and credit card fees will be applied at check-out.

**Space is running out!**

## Hsi Lai Temple Tour & Buffet

**Thursday, March 15**

**\$47.00\***

Registration Code: **46404**



Join us on a 1 1/2 hour tour of the entire Hsi Lai Temple, which includes the Bodhisattva Hall, gardens, courtyard, and main shrine and art gallery. This tour includes a Vegetarian Buffet lunch. Comfortable shoes are recommended for climbing stairs and slopes. Please DO NOT bring meat of any kind to the temple. Trip includes transportation, driver gratuity, a 1 1/2 hour led tour and a Vegetarian Buffet lunch at the Hsi Lai Temple.  
*Returning to San Diego at approximately 7:00pm.*

**Activity Level: Moderate**

## Huntington Library & Gardens

**Thursday, April 5**

**\$38.00\***

Registration Code: **48247**



Join us on a trip to the Huntington Library, situated on 207 acres in San Marino. The Huntington Art Collections reside in two buildings on the Huntington estate: The Huntington Art Gallery, and the Virginia Steele Scott Galleries of American Art. Housing the European art collection, it includes one of the most distinguished collections of 18th and 19th Century British paintings, sculpture, and decorative arts outside London. Trip includes transportation, driver gratuity. **Lunch is on your own.**  
*Returning to San Diego at approximately 7:00pm.*

**Activity Level: Moderate**

## Warner Brothers Studio Tour

**Wednesday, May 16**

**\$84.00\***

Registration Code: **48256**



Join us on a tour of the Warner Brothers Studio, Hollywood. This tour brings you closer than ever to the entertainment you know and love. Experience one of the busiest movie studios in LA as you explore our iconic backlots, and DC Universe. You'll view one of our many soundstages where today's hottest TV shows and movies are made. With actual filming happening all around you, no two Warner Bros. tours are ever alike. For the grand finale of your Studio Tour experience, you'll visit Stage 48: Script to Screen. This interactive soundstage explores key phases of the entertainment production process, i.e. Central Perk set to riding a broomstick like Harry Potter with our green screen experience. Trip includes transportation and driver gratuity.

**Lunch is on your own.**

*Returning to San Diego at approximately 7:00pm*

**Activity Level: Moderate**

## Catalina Island & Tour

**Thursday, June 7**

**Trip Only.....\$111.00\***

**Trip and Buffalo Tour.....\$152.00\***

Registration Code: **48257**



What better way to spend your day than visiting Catalina Island! We will depart from Dana Point and travel to Avalon Port. With exception to those joining us on the 2 hour Skyline (Buffalo) Tour, you will be on your own upon arrival to Avalon. The Skyline Drive Tour will take place at 2:00 p.m. at a designated location. **Lunch is on your own.** Pick-up/drop-off information to be announced one week prior to our trip. **Physical restrictions may apply:** The Skyline (Buffalo) tour travels on steep, narrow, winding, bumpy, dusty, scenic mountain roads. For your safety, you should be in good health & free from high blood pressure, heart, neck or back problems, motion sickness, or other conditions that could be aggravated by this tour.

*Returning to San Diego at approx. 9:00pm*

**Activity Level: Moderate**

**If paying in person, check payable to City Treasurer or exact change.**

# City of San Diego Parks and Recreation Department



Run, walk, swim, golf, skate, bike, hike, or recreate your way to health in 2018.

Visit various recreation centers between June 16 and August 18 to complete designated activities and receive your very own SD Parks Fitness Goal Book to help you establish and achieve your fitness goals.

Participate in the 2 month program with free and easy registration at your local Park and Recreation facility or at [www.sdreconnect.com](http://www.sdreconnect.com).

## Calling All Pups!

"Barks Fit" participants will receive a bandana at the events.

**Tag your snaps and selfies with #ParksFitSD**

## Kickoff Event - 1 Mile Fun Run & Festivities

Saturday, June 16, 2018 at 8:00am

Dolores Magdaleno Memorial Recreation Center,  
2902 Marcy Ave., San Diego 92113

## Finale Event - 5K Run/Walk & Family Celebration

Saturday, August 18, 2018 at 7:30am

NTC Park, 2455 Cushing Rd, San Diego 92106  
Stay Fit San Diego!

Visit: [www.sandiego.gov/parksfitsd](http://www.sandiego.gov/parksfitsd)  
for more information.

Proudly Presented by:



Official financial partner of the City of San Diego

## BEACH WHEELCHAIR

Take a free one-hour ride on our power-driven beach chairs located at Mission Beach. This program is available to individuals with mobility impairments or those who are not otherwise able to walk unaided on the beach. Reservations are not required, but are recommended.

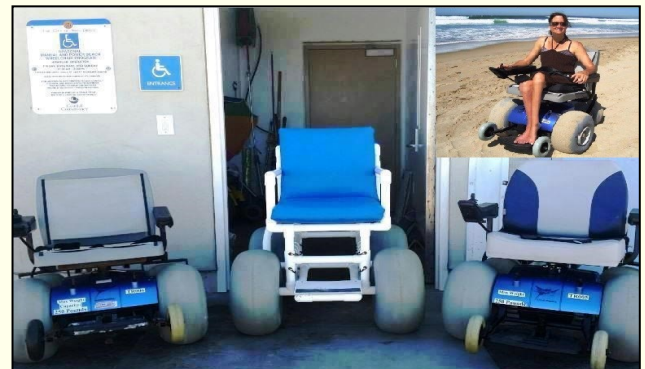
**Closed January - February**

**March - April/November - December**

Friday, Saturday, Sunday  
11:30am - 3:30pm

**May - October**

Monday, Wednesday-Friday  
11:30am - 4:30pm  
Saturday - Sunday 11:30am - 5:30pm  
Closed Tuesdays



To reserve, please call (619) 980-1876 during beach hours or (619) 525-8247 during non-beach hours.



# City of San Diego Parks and Recreation Department

## WATER FITNESS CLASSES

### ALLIED GARDENS

6707 Glenroy Street, 92120

(619) 235-1143

**Mon/Wed/Fri 8:00am-9:00am**

**Tues/Thurs 5:30pm-6:30pm**

**Saturday 11:15am-12:15pm**

### BUD KEARNS

2229 Morley Field Drive

Balboa Park, 92101

(619) 692-4920 Opens 4/9/18

**Mon/Wed/Fri 9:00am-**

**10:00am\*\***

**Tues/Thurs 5:30pm-6:30pm**

### CARMEL VALLEY

3777 Townsgate Drive

Carmel Valley, 92130

(858) 552-1623

**Mon/Wed/Fri 10:30am-**

**11:30am**

**Saturday 11:15am-12:15pm**

### CITY HEIGHTS

4380 Landis Street

Mid-City, 92105

(619) 641-6126

**Mon/Wed/Fri 9:00am-10:00am**

**Saturday 12:00pm-1:00pm**

### COLINA DEL SOL

4150 54th Place

College Area, 92115

(619) 235-1147 Opens 4/9/18

**Tues/Thurs 10:00am-11:00am**

**& 5:30pm-6:30pm**

### CLAIREMONT

3605 Clairemont Drive

Clairemont, 92117

(858) 581-9923 Opens 3/19/18

**Mon/Wed/Fri 9:00am-10:00am**

**Tues/Thurs 5:00pm-6:00pm**

**Saturday 11:00am-12:00pm\*\***

### KEARNY MESA

3170 Armstrong Street, 92111

(858) 573-1389

**Mon/Wed/Fri 8:00am-9:00am**

**Mon/Wed/Fri 9:15am-10:15am\***

**Tues/Thurs 5:30pm-6:30pm**

### MARIN LUTHER KING JR.

6401 Skyline Drive

Valencia Park, 92114

(619) 527-3451

**Mon/Wed/Fri 6:30pm-7:30pm**

### MEMORIAL

2902 Marcy Avenue

Logan Heights, 92113

(619) 235-1139

**Tues/Thurs 6:00pm-7:00pm**

**Saturday 11:30am-12:30pm**

### NED BAUMER

10440 Black Mountain Road

San Diego, CA 92126

(858) 538-8083

**Mon/Wed/Thu 9:00am-10:00am**

### SWANSON

3585 Governor Drive

University City, 92122

(858) 552-1653 Opens 4/2/18

**Mon/Wed/Fri 8:00am-9:00am**

**Mon/Wed/Fri 9:00am-10:00am\***

### TIERRASANTA

11238 Clairemont Mesa Blvd.

Tierrasanta, 92124

(858) 636-4837

**Mon-Fri 10:30-11:30am\*\***

**Sat 12:15-1:15pm\*\***

### VISTA TERRACE

310 Athey Avenue

San Ysidro, 92173

(619) 424-0469

**Mon/Wed/Fri 5:30-6:30pm**



**Aquatic Body Conditioning (ABC):** This is a total body conditioning class; multi-level, low impact, cardio-respiratory workout conducted in shallow water &/or deep water, participants do not need to know how to swim.

**\*Arthritis:** Participants perform gentle stretching and strengthening exercises; movement is performed at a low to moderate intensity to develop muscular strength, endurance and increase range of motion.

**\*\*Deep Water:** This deep-water exercise is non-impact and provides resistance to all major muscle groups. Buoyant and resistive water exercise equipment is provided. Participants must feel comfortable in deep water.

# City of San Diego Parks and Recreation Department

## All Can Dance On Wheels or Walk!

Thursdays, May 3 – June 28, 2018

(No June 7 class)

10 a.m. to 11 a.m. – Social Dancing

11 a.m. to 12 p.m. – Dance Instruction

Meet at War Memorial Bldg, 3325 Zoo Dr., 92101

Dancing is for everyone! Learn at your own pace and interact with new friends! If you know how or want to learn, **This FREE 8-week dance class is for you!** Come learn line dancing, Cha Cha, Disco or Rumba with a great group of people who use a wheelchair, walker or cane. Able-bodied volunteers are needed to partner with our wheelchair dancers. We invite you to "Try it" you will love it! It is FREE to both wheelchair dancers and able-bodied dancers with no obligation; come dance

[www.wheelchairdancers.org](http://www.wheelchairdancers.org)



## Standley Park Recreation Center

3585 Governor Drive, 92122

### Senior Fitness

Tuesdays & Thursdays 9:00am-10:30am

### Ikebana (Japanese flower arrangement)

Mondays 9:00am-2:30pm

### Magic of Pastels (painting & drawing)

Thursdays 9:00am-12:00pm

### Zumba

Mondays & Thursdays 12:00pm-1:00pm

### Bridge and Pinochle

Fridays 9:00am-12:00pm

Jesse DeLille, Assistant Rec Center Director

[JDeLille@sandiego.gov](mailto:JDeLille@sandiego.gov) (858) 552-1652

## Colina Del Sol Recreation Center

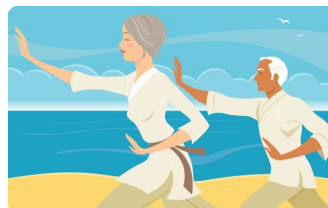
5319 Orange Ave, 92115

### Tai-Chi

Tuesdays & Thursdays 2:00pm-3:00pm

Caleb Martin, Assistant Rec Center Director

[CMartin@sandiego.gov](mailto:CMartin@sandiego.gov) (619) 235-1144



## Carmel Valley Recreation Center

3777 Townsgate Drive, 92130

### Pickle Ball

Mondays & Thursdays 9:00am-2:15pm

Tuesdays 9:00am-12:00pm

Wednesdays 9:00am-1:30pm

Fridays 9:00am-2:00pm

### Badminton

Wednesday, Thursdays  
and Fridays 9:00am-1:30pm

### Senior Open Play Board/Card Games

Last Wednesday  
of the month 12:30pm-2:30pm

Mike Mangarelli, Assistant Rec Center Director

[MMangarelli@sandiego.gov](mailto:MMangarelli@sandiego.gov) (858) 552-1616

## North Park Recreation Center

4044 Idaho Street, 92104

### Adult Fitness

Tuesdays & Thursdays 11:30am-1:00pm

### BINGO

1<sup>st</sup> Thursday 9:30am-11:00am

### Pickle Ball

Fridays 11:30am-1:00pm

Becky Lowndes, Assistant Rec Center Director

[BLowndes@sandiego.gov](mailto:BLowndes@sandiego.gov) (619) 235-1152

# Co-Sponsored Events

The City of San Diego Parks & Recreation Department Senior Citizen Services is proud to sponsor the following programs.

## Taking Transit 101

Using the Trolley and bus for the first time can be intimidating for anyone, including seniors. But with the right instruction, anyone can use transit and live a more fulfilling and independent life. *Taking Transit 101* is a workshop by the Metropolitan Transit System (MTS) intended to teach seniors the skills needed to successfully use San Diego's public transit system. The workshops, ranging from 1 ½ to 3 hours, provide a general system overview (i.e. What is MTS?) and teach seniors skills like reading a bus/trolley schedule, operating wheelchair ramps, and applying for a senior discount card among others. If you would like to start taking public transit and see more of San Diego in 2018, this is the workshop for you!

**10:30am on the 3<sup>rd</sup> Tuesday of the month at the  
Balboa Park Senior Lounge: Feb 20, Mar 20, Apr 17, May 15  
1650 El Prado, Rm 105 (619) 384-4619**



## SanDi-CAN

Action Network that develops community partnerships that work on projects that enhance the lives of older adults and adults with disabilities living in the neighborhoods within the City of San Diego. Our vision is that older adults and adults with disabilities and those who care for them are able to maintain their purpose, voice and independence, living healthy, safe and fulfilling lives with dignity and respect. Our mission is to be San Diego City's consumer and service provider network, collectively advocating for and affecting policy changes to ensure the equality and advancement of older adults and adults with disabilities. Meetings are open to the public and there is no charge.

**War Memorial Building (3325 Zoo Dr., room 3), last Tuesday of the month from 10:30am-12:00pm.  
March 27    April 24    May 29**

RSVP, please email Brian Rollins at [brian.rollins@sdcounty.ca.gov](mailto:brian.rollins@sdcounty.ca.gov) or call (858) 505-6305.



## Healthy Life-Style Luncheons

Everyone is invited to attend the Senior Games monthly Healthy Luncheons held in the auditorium of the War Memorial Building (3325 Zoo Dr.).

There are different presentations each month on health, nutrition and fitness.  
The cost is \$5.00 per person (includes lunch). Lunch starts at 12:00pm

**March 9    April 13    May 11  
Call (858) 292-5812 to RSVP**

## National Active and Retired Federal Employees Association

NARFE is dedicated to protecting the earned rights and benefits of current and retired federal employees. Meetings are open to the general public and held in the auditorium of the War Memorial Building on the 2<sup>nd</sup> Monday of each month at 1:00pm. Our February 12<sup>th</sup> program features a representative from H&R Block talking about taxes. Future programs may include a flight nurse, a presentation from Alzheimer's Association and a representative from the American Cancer Society.



For updated information and program schedule.  
Check our website: [www.NARFESanDiego.Org](http://www.NARFESanDiego.Org)



# Community Events



## Senior Programs

Registration is required. Call 1-800-827-4277 or register on line at [www.sharp.com](http://www.sharp.com).

### **TURNING 65 OR RETIRING SOON?** **WE CAN HELP YOU UNDERSTAND HOW** **MEDICARE WORKS**

Wednesdays, March 14, April 11 or May 9  
6:00pm - 7:30pm

If you are turning 65, still working and planning to retire soon, it's time to start thinking about how Medicare works. Learn about Medicare Parts A & B, special enrollment requirements if you start using Medicare after age 65, and the difference between Medicare Advantage and Medicare supplemental plans. Sharp HealthCare Corporate Office, 8695 Spectrum Center Blvd., San Diego

### **SUCCESSFUL CAREGIVING**

Wednesday, March 14, 9:00am - 12:30pm

Learn how to take care of yourself while caring for an aging loved one. Caregiving can be stressful and overwhelming. It can also be very rewarding. Sessions include Emotional Issues, Communications, Stress Management and much more. All Souls Episcopal Church, 1475 Catalina Blvd., San Diego.

### **HIP SEMINAR**

Thursday, May 24, 6:00pm - 8:00pm

If you're living with hip pain, don't miss a free upcoming seminar, with Dr. Michael Muldoon, about Sharp HealthCare's nationally recognized approach to joint replacement. Meet a team of orthopedic experts who will describe this unique approach to caring for joint replacement patients before, during & after surgery. Sharp Memorial Outpatient Pavilion, Classroom A & B, 7901 Frost St., San Diego

### **WILLS AND TRUSTS**

Monday, May 21, 10:00am - 11:30am

An estate planning expert will explain why everyone should have a will and some need a trust. Without adequate planning, your heirs may not receive their full inheritance. This free session will provide valuable information on inheritance taxes and legal issues. Sharp Health Plan, 8520 Tech Way, San Diego



AIS provides services to older adults, people with disabilities and their family members, to help keep clients safely in their homes, promote healthy and vital living, and publicize positive contributions made by older adults and persons with disabilities.

For more information call 1-800-510-2020 or visit:  
<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais.html>

Healthier Living With Chronic Conditions  
Healthier Living with Diabetes  
For more information call 858-495-5500

More Senior Services Resources available at:

[www.SanDiegoFallPrevention.org](http://www.SanDiegoFallPrevention.org)

[www.HealthierLivingSD.org](http://www.HealthierLivingSD.org)

[www.AISEvents.org](http://www.AISEvents.org)



## JOIN Tai Chi: Moving For Better Balance!

**Are you 60+ and want to stay independent and prevent falls?**

**Improve balance and mobility with slow, controlled movement**



Tai Chi: Moving For Better Balance is an evidence-based FREE program for older adults focusing on improving balance, strength, and flexibility. All ability levels are welcomed.

For more information visit:  
[www.HealthierLivingSD.org](http://www.HealthierLivingSD.org)

For more information call:  
858-495-5500

See full  
schedule



Developed by Oregon Research Institute senior scientist, Dr. Fuzhong Li, Ph.D.

This class is sponsored by the County of San Diego,  
Health & Human Services Agency  
[www.HealthierLivingSD.org](http://www.HealthierLivingSD.org)



# March 2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Key:</b> <b>A/R - Auditions/ Rehearsals</b>				1 Balboa Park Walk	2 Poetry Party Needle Crafts	3
4 Board Games  A/R	5 Mah Jongg  A/R	6 Art Program	7 Otherwise Improvise  Laugh Hour	8 Dance  What's Your Story/Acting Workshop	9 Travel Club  Healthy Life-Style Luncheon	10
11 Board Games  Technology Class	12 Mah Jongg  NARFE	13 Art Program	14 Otherwise Improvise  Laugh Hour	15 Balboa Park Walk  <b>Senior Trip Hsi Lai Temple</b>  A/R	16 Needle Crafts	17
18 Board Games	19 Mah Jongg  A/R	20 Art Program  Transit 101	21 Otherwise Improvise  Laugh Hour	22 Dance  What's Your Story/Acting Workshop	23 Poetic Legacy	24
25 Board Games  Technology Class	26 Mah Jongg	27 Art Program  Piano Notes  SanDi-CAN	28 Otherwise Improvise  Laugh Hour	29 Balboa Park Walk  A/R	30 <b>Senior Office and Lounge Closed</b>	31

***More information about activities listed can be found on pages 4 - 13.***

# April 2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 <b>Easter Senior Office and Lounge Closed</b>	2 Mah Jongg	3 Art Program	4 Otherwise Improvise  Laugh Hour	5 Balboa Park Walk  <b>Senior Trip Huntington Library</b>	6 Needle Crafts	7
8 Board Games  Technology Class  A/R	9 Mah Jongg NARFE  A/R	10 Art Program	11 Otherwise Improvise  Laugh Hour	12 Dance  What's Your Story/ Acting Workshop	13 Travel Club  Healthy Life-Style Luncheon	14
15 Board Games	16 Mah Jongg	17 Art Program	18 Otherwise Improvise  Laugh Hour	19 Balboa Park Walk  	20 Needle Crafts  A/R	21
22 Board Games  Technology Class	23 Mah Jongg  A/R	24 Art Program  SanDi-CAN	25 Otherwise Improvise  Laugh Hour	26 Dance  What's Your Story/ Acting Workshop	27 Poetic Legacy	28
29 Board Games	30 Mah Jongg		<b>Key:</b> <b>A/R - Auditions/ Rehearsals</b>			

**More information about activities listed can be found on pages 4 - 13.**



# May 2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Key:</b> <b>A/R - Auditions/ Rehearsals</b>		1	2 Laugh Hour  Otherwise Improvise	3 Balboa Park Walk	4 Needle Crafts  Poetry Party	5
6 Board Games  Technology Class	7 Mah Jongg Art Philosophy Group A/R	8 Art Program	9 Laugh Hour  Otherwise Improvise	10 Dance  What's Your Story/Acting Workshop	11 Travel Club  Healthy Life-Style Luncheon	12
13 Board Games  A/R	14 Mah Jongg NARFE	15 Art Program  Transit 101	16 Otherwise Improvise  Laugh Hour  <b>Senior Trip Warner Bros. Studio</b>	17 Balboa Park Walk  A/R	18 Needle Crafts  A/R	19
20 Board Games  A/R	21 Mah Jongg  A/R	22 Art Program	23 Laugh Hour  Otherwise Improvise	24 Dance  What's Your Story/Acting Workshop	25 Poetic Legacy  	26
27 Board Games  Technology Class	28 <b>Senior Office and Lounge Closed</b>	29 Art Program  Piano Notes  SanDi-CAN	30 Laugh Hour  Otherwise Improvise	31 Balboa Park Walk  A/R		

**More information about activities listed can be found on pages 4 - 13.**

# Sponsorships

## Silver Sponsor

### Sponsor Opportunities

Senior Citizen Services would not be able to provide as many quality programs without the financial assistance of our community sponsors.

Thanks to these organizations for helping to improve the lives of San Diegans.

We offer a variety of sponsorship and advertising options.

For more information, contact:  
Marla Davis at (619) 236-6910  
[MarlaD@sandiego.gov](mailto:MarlaD@sandiego.gov)

*How do you want to be remembered?*

Let us help you create a personalized,  
meaningful memorial.

Dignity®  
MEMORIAL

∞ LIFE WELL CELEBRATED® ∞

**GLEN ABBEY**  
MEMORIAL PARK & MORTUARY  
(619) 498-4600  
FD# 1271 & CDAA29

**EL CAJON**  
MORTUARY AND CREMATION  
(619) 440-8033  
FD# 1022

**CYPRESS VIEW**  
MORTUARY & MAUSOLEUM  
(619) 264-3168  
FD# 670

**FUNERARIA DEL ANGEL HUMPHREY**  
(619) 425-9111  
FD# 964

**FUNERARIA DEL ANGEL BERGE-ROBERTS**  
(619) 474-6565  
FD# 289

**ERICKSON-ANDERSON**  
MORTUARY  
(619) 466-3297  
FD# 0296

**PARIS FREDERICK**  
MORTUARY & CREMATION  
(619) 442-4411  
FD# 720

**MCLEOD**  
MORTUARY  
(760) 745-2100  
FD# 299

**MIRAMAR**  
MEMORIAL SERVICES  
(858) 824-1908  
FD# 1029

**GOODBODY**  
MORTUARY  
(619) 582-1700  
FD# 790

**PACIFIC BEACH**  
CHAPEL  
(858) 488-5553  
FD# 085

**MERKLEY-MITCHELL**  
MORTUARY  
(619) 295-2177  
FD# 79

**NATIONAL CITY-CHULA VISTA**  
MORTUARY & CREMATION  
(619) 477-4139  
FD# 807

**CONRAD LEMON GROVE**  
MORTUARY  
(619) 460-4601  
FD# 941

**BEARDSLEY-MITCHELL**  
FUNERAL HOME  
(619) 223-8100  
FD# 810

DignityMemorial.com

## Gold Sponsor

  
**St. Paul's**  
SENIOR SERVICES  
**LEADERS IN SENIOR CARE**

St. Paul's Senior Services has cared for San Diego seniors since 1960. Our services have expanded to bring innovative choices to those seeking senior care resources. If you need advice please call us, if we can't help you, we'll find someone who can.

We offer: independent living, assisted care, memory support, senior daycare, respite care, skilled nursing, PACE (Program of All-inclusive Care for the Elderly).

**(619) 239-6900** **StPaulsSeniors.org**

  
**St. Paul's**  
**Villa**



**ASSISTED LIVING & MEMORY SUPPORT**

2340 Fourth Avenue

**Located in Bankers Hill**

Affordable assisted living and private memory care apartments in an amazing location.

**(619) 232-2996**

Lic # 370804823

# City of San Diego Corporate Partner

## Questions about Medicare?

We're here to help.

If you're turning 65 or planning to retire, understanding Medicare and making decisions about your coverage can be confusing. Sharp HealthCare, the official health and wellness partner of the City of San Diego, is here to answer your questions and guide you step by step to enrollment.

### Free Medicare resources from Sharp

- In-person classes
- Online videos and articles
- Expert advice over the phone

To learn more or to see plans accepted by Sharp, visit [sharp.com/medicare](http://sharp.com/medicare) or call 1-800-82-SHARP (1-800-827-4277).

The Sharp logo, featuring the word "SHARP" in a bold, serif font with a horizontal line above it.



Senior Citizen Services  
Park & Recreation  
Department  
202 C Street MS 1-A  
San Diego, CA 92101

**Return Service Requested**

**Would you like to go paperless?**

If so, please email [jbgarcia@sandiego.gov](mailto:jbgarcia@sandiego.gov), Subject: Paperless Scroll. Starting with the next quarter you will receive an electronic version of the newsletter, the Scroll, directly to your email.

The City of  
**SAN DIEGO**  
Parks and Recreation Department

**"To provide healthy, sustainable, and enriching environments for all."**

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NATIONAL ORIGIN OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAN STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSEXUAL AND TRANSGENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 525-8247) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.



*All City of San Diego parks and beaches are smoke free.*

